

# Youth Smoking Cessation

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Interest in adolescent smoking cessation has increased dramatically over the past several years as researchers and practitioners have acknowledged the high rates of adolescents who smoke regularly and the low probability that adolescents who are regular smokers will stop on their own. Rates of "spontaneous" quitting among adolescents range from 4- 6 percent for regular or daily smokers to 21-33 percent for adolescents who are occasional smokers. Growing evidence also suggests that a substantial portion of adolescent smokers are dependent on nicotine, even before they become daily smokers. Perhaps this helps to explain the low rates of quitting. The evidence base behind smoking cessation interventions for adolescents is also now starting to grow, but unfortunately, the published studies to date have frequently been plagued by major methodological problems. This paper will summarize research conducted on adolescent smoking cessation, note some of the methodological limitations of prior work, highlight approaches that show promise, discuss some of the challenges involved in addressing adolescent smoking cessation, and make recommendations for future work.